



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09209, Orange juice, chilled, includes from concentrate

Report Date: June 30, 2017 15:48 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 249g	1 fl oz 31.1g
Proximates						
Water 1 2 3 4 5	g	87.22	24	1.189	217.18	27.13
Energy	kcal	49	--	--	122	15
Energy	kJ	203	--	--	505	63
Protein 1 2 3	g	0.68	20	0.037	1.69	0.21
Total lipid (fat) 1 2 3	g	0.12	17	0.010	0.30	0.04
Ash 1	g	0.43	6	0.030	1.07	0.13
Carbohydrate, by difference	g	11.54	--	--	28.73	3.59
Fiber, total dietary 4	g	0.3	1	--	0.7	0.1
Sugars, total	g	8.31	--	--	20.69	2.58
Sucrose 1 2 3 4	g	4.01	21	0.476	9.98	1.25
Glucose (dextrose) 1 2 3 4	g	2.08	21	0.113	5.18	0.65
Fructose 1 2 3 4	g	2.23	21	0.120	5.55	0.69
Lactose 1 2 3	g	0.00	20	0.000	0.00	0.00
Maltose 2 3 4	g	0.00	15	0.000	0.00	0.00
Galactose 2 3	g	0.00	14	0.000	0.00	0.00
Minerals						
Calcium, Ca 1 5 6 7	mg	11	13	0.494	27	3
Iron, Fe 1 2 3 5 6 7	mg	0.13	32	0.020	0.32	0.04
Magnesium, Mg 1 2 3 5 6 7	mg	11	32	0.290	27	3
Phosphorus, P 1 5 6 7	mg	17	13	1.284	42	5
Potassium, K 1 2 3 5 6 7	mg	178	32	1.361	443	55
Sodium, Na 1 2 3 5 6 7	mg	2	28	0.320	5	1

Nutrient	Unit	1			1 cup 249g	1 fl oz 31.1g
		Value Per 100 g	Data points	Std. Error		
Zinc, Zn 1 2 3 5 6 7	mg	0.07	32	0.019	0.17	0.02
Copper, Cu 1 2 3 5 6 7	mg	0.042	32	0.007	0.105	0.013
Manganese, Mn 1 2 3 5 6 7	mg	0.023	32	0.002	0.057	0.007
Selenium, Se 5 6 7	µg	0.1	12	0.090	0.2	0.0
Vitamins						
Vitamin C, total ascorbic acid 1 2 3	mg	33.6	40	0.706	83.7	10.4
Thiamin 1	mg	0.046	6	0.004	0.115	0.014
Riboflavin 1	mg	0.039	6	0.002	0.097	0.012
Niacin	mg	0.280	3	0.050	0.697	0.087
Pantothenic acid 1	mg	0.195	3	0.002	0.486	0.061
Vitamin B-6 1	mg	0.076	3	0.003	0.189	0.024
Folate, total 1	µg	19	6	1.580	47	6
Folic acid	µg	0	--	--	0	0
Folate, food	µg	19	6	1.580	47	6
Folate, DFE	µg	19	--	--	47	6
Choline, total 1	mg	6.2	--	--	15.4	1.9
Betaine 1	mg	0.2	1	--	0.5	0.1
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE 1	µg	2	3	0.410	5	1
Retinol	µg	0	--	--	0	0
Carotene, beta 1	µg	8	3	0.000	20	2
Carotene, alpha 1	µg	8	3	0.000	20	2
Cryptoxanthin, beta 1	µg	27	3	9.849	67	8
Vitamin A, IU 1	IU	42	3	8.207	105	13
Lycopene 1	µg	0	3	0.000	0	0
Lutein + zeaxanthin 1	µg	27	3	6.351	67	8
Vitamin E (alpha-tocopherol)	mg	0.20	--	--	0.50	0.06
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone) 1	µg	0.0	2	--	0.0	0.0

Nutrient	Unit	1	Value Per100	Data points	Std. Error	1 cup 249g	1 fl oz 31.1g
		g					
Lipids							
Fatty acids, total saturated	g	0.014	--	--		0.035	0.004
4:0	g	0.000	--	--		0.000	0.000
6:0	g	0.000	--	--		0.000	0.000
8:0	g	0.000	--	--		0.000	0.000
10:0	g	0.000	--	--		0.000	0.000
12:0	g	0.000	--	--		0.000	0.000
14:0	g	0.000	--	--		0.000	0.000
16:0	g	0.014	--	--		0.035	0.004
18:0	g	0.000	--	--		0.000	0.000
Fatty acids, total monounsaturated	g	0.022	--	--		0.055	0.007
16:1 undifferentiated	g	0.003	--	--		0.007	0.001
18:1 undifferentiated	g	0.018	--	--		0.045	0.006
20:1	g	0.000	--	--		0.000	0.000
22:1 undifferentiated	g	0.000	--	--		0.000	0.000
Fatty acids, total polyunsaturated	g	0.030	--	--		0.075	0.009
18:2 undifferentiated	g	0.023	--	--		0.057	0.007
18:3 undifferentiated	g	0.007	--	--		0.017	0.002
18:4	g	0.000	--	--		0.000	0.000
20:4 undifferentiated	g	0.000	--	--		0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--		0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--		0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--		0.000	0.000
Fatty acids, total trans	g	0.000	--	--		0.000	0.000
Cholesterol	mg	0	--	--		0	0
Amino Acids							
Tryptophan ^{1 8}	g	0.002	--	--		0.005	0.001
Threonine ^{1 8}	g	0.009	--	--		0.022	0.003
Isoleucine ^{1 8}	g	0.004	--	--		0.010	0.001
Leucine ^{1 8}	g	0.015	--	--		0.037	0.005
Lysine ^{1 8}	g	0.020	--	--		0.050	0.006
Methionine ^{1 8}	g	0.002	--	--		0.005	0.001
Cystine ^{1 8}	g	0.002	--	--		0.005	0.001

Nutrient	Unit	1			1 cup 249g	1 fl oz 31.1g
		Value Per 100	Data points	Std. Error		
Phenylalanine ^{1 8}	g	0.011	--	--	0.027	0.003
Tyrosine ^{1 8}	g	0.004	--	--	0.010	0.001
Valine ^{1 8}	g	0.013	--	--	0.032	0.004
Arginine ^{1 8}	g	0.080	--	--	0.199	0.025
Histidine ^{1 8}	g	0.003	--	--	0.007	0.001
Alanine ^{1 8}	g	0.018	--	--	0.045	0.006
Aspartic acid ^{1 8}	g	0.106	--	--	0.264	0.033
Glutamic acid ^{1 8}	g	0.041	--	--	0.102	0.013
Glycine ^{1 8}	g	0.012	--	--	0.030	0.004
Proline ^{1 8}	g	0.079	--	--	0.197	0.025
Serine ^{1 8}	g	0.022	--	--	0.055	0.007
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
Flavonoids						
Anthocyanidins						
Cyanidin ¹¹	mg	0.00	3	0	0.00	0.00
Flavanones						
Eriodictyol ¹¹	mg	0.1	3	0	0.1	0.0
Hesperetin ^{11 12 13 14 15}	mg	16.4	49	1.79	40.8	5.1
Naringenin ^{11 12 13 14 15}	mg	2.6	49	0.27	6.4	0.8
Flavonols						
Quercetin ^{11 12}	mg	0.4	6	0.09	1.0	0.1
Isoflavones						
Daidzein ^{16 17 18}	mg	0.01	3	0.01	0.02	0.00
Genistein ^{16 17 18}	mg	0.01	3	0.01	0.02	0.00
Glycitein ¹⁸	mg	0.00	1	--	0.00	0.00
Total isoflavones ^{16 17 18}	mg	0.01	3	0.02	0.03	0.00
Biochanin A	mg	0.05	1	--	0.12	0.02
Formononetin	mg	0.03	2	--	0.06	0.01
Coumestrol	mg	0.03	2	--	0.07	0.01

Nutrient	Unit	1			1 cup 249g	1 fl oz 31.1g
		Value Per 100 g	Data points	Std. Error		
Proanthocyanidin						
Proanthocyanidin dimers ^{9 10}	mg	0.0	3	0	0.0	0.0
Proanthocyanidin trimers ⁹	mg	0.0	1	--	0.0	0.0
Proanthocyanidin 4-6mers ⁹	mg	0.0	1	--	0.0	0.0
Proanthocyanidin 7-10mers ⁹	mg	0.0	1	--	0.0	0.0
Proanthocyanidin polymers (>10mers) ⁹	mg	0.0	1	--	0.0	0.0

Sources of Data

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